

# Run your personal marathon one step at a time

## Setting goals can help you take off the pounds

Staying motivated and setting appropriate goals along the way are two of the cornerstones of achieving and maintaining weight loss.

I checked in with two local experts to get their tips on how to do both.

Shannan Fasold, 38, is an instructor and Clark College counselor who teaches courses on goal-setting. Cassie Walling, 26, is an expert by

experience. She developed an interest in running to stay motivated to maintain a 70-pound weight loss and has her sights set on a completing a marathon in 2008.

### Shannan Fasold: on goal-setting

The fundamentals of goal setting are the same whether the end game is achieving better grades, earning a raise at work or getting fit, Fasold said. Here are her five tips for developing a game plan.

**1. Be specific.** Don't set a

general goal such as to "get healthy in 2008." Instead, Fasold advises breaking down the result you want to achieve

into small, tangible steps that can be measured. Fasold says that seeing success in increments keeps motivation high.

**2. Ask why.** Getting a handle



**Shannan Fasold**

Clark College  
instructor

on why you want to achieve the goal and the benefits of reaching it will help you maintain focus. If necessary, re-evaluate goals periodically to ensure you're setting the right ones. Priorities change over time, motivation comes in waves and as Fasold says, "Life kind of throws us curveballs." When your life situation changes, your goals might need to be adjusted.

**3. Stay positive.** Fasold says it's important to consider the dialogue you have with yourself as you work to attain a goal. Work to ensure that what you tell yourself

is positive and will help you achieve your objective. Saying something such as, "I don't want to fail," places importance on simply not failing. Instead, your attitude should be framed as, "I'll do my best, and I know I'm not perfect." Pigging out or missing a workout once in awhile doesn't mean total failure. Fasold says that it's better to think, "Tomorrow's a new day" when that happens.

**4. Don't set goals for anyone else.** Fasold says the most successful goals are set because

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people want to achieve them, instead of setting the goals at the behest of others.

**5. Reward yourself.** Think about the rewards that come with living healthier or losing weight, such as dropping a shirt size or two. Other times, a reward might be internal such as knowing how good it will feel to walk up stairs without becoming winded. Fasold says that by focusing on rewards, people are more likely to remain motivated.

## Cassie Walling: on staying motivated

When Walling made the decision to choose a healthier lifestyle, the Vancouver resident didn't just give up former habits such as eating junk food. Instead, she filled her life with a new passion — running.



**Cassie Walling**

Has lost 70 pounds

By focusing on something new in her life, Walling maintained her motivation to make better choices.

Since December 2006, Walling has been a regular at five kilometer runs, and in August she took part in the Portland to Coast Walk. In the process, she's lost 70 pounds and counting. She's now studying to become a fitness trainer. Here are Walling's suggestions for staying motivated.

**1. Deal with it emotionally.**

"Being overweight isn't just a physical thing," Walling said. When Walling is tempted by junk food, she asks herself why she wants to eat it and if it's worth the extra time on the treadmill.

**2. Try something new.** Walling said that yoga helped her break up her workout routine. She also hired a personal trainer.

**3. Moderation is key.** Walling still splurges but is more careful about her overall intake. Instead of ordering a large drink with whipped cream or other additions at a coffee shop, she orders a small or medium of the same drink.

— Matt Wastradowski